

Karate at Hayes Primary School: Reception - Year 6

Summer half term WC 1st June 2026

New members welcome (Only a few spaces available)

Now open to reception!



Dear Parents/Guardians,

Exciting lunch time Karate club at Hayes Primary!

Our school club sessions aim to build confidence, respect and resilience alongside teaching the karate syllabus in a fun and safe environment.

Sessions are led by professional instructor Sensei John Sideras, former England International, 3x English Champion, 1x British Champion, 3x Four Nations Grand Slam Champion, 32 years full time teaching experience and trainer of National/London Borough Youth Games Champions.

Dates

Tuesday 2nd June – Tuesday 14th July (7 weeks)

12.20pm - 1.20pm

Cost and payment details for new members joining

Summer half term cost: £59.5 for 7 sessions per student. Payment must be made in advance of the summer half term. No refunds once place is given or for missed classes. Any session missed can be made up at a local venue at no extra cost.

Due to extreme popular demand and limited spaces, there will be a first come first serve basis. **A student's place will only be secured once payment has been made via the GoCardless link sent in the accompanying email after a student's profile has been filled out using link below.**

To book; please complete a karate profile for your child/s using the link below.

<https://kaigaishii-sensei-john.clubm.mobi/>

[\(Teachers book in the classes\)](#)

Start-up pack

Includes club embroidered Gi (suit) bottoms, top, belt, hand pads, gum shield and licence. **Only club embroidered suits are permitted** however there is no pressure to purchase the start-up pack; students are welcome to train in their PE kit before you commit to purchasing the starter pack. Cost is £39 (**plus cost of licence to carry up to 30th September 2026**).

Licence

A licence is mandatory for all reputable Martial Arts schools. Each student is registered with Karate England which includes their insurance. The cost varies depending on the month of applying (annual cost is £28 and renews on 30/09/26).

Gradings

Gradings are a formal assessment for students when we feel they have mastered the necessary techniques, focus, discipline and attitude to advance to the next belt level. They are held locally in Coney Hall at a cost of £28, which includes grading, belt presentation and certificate. **(Students must have a club embroidered kit to grade).**

Our after-school clubs run for beginners to orange belt level. Specialised classes are available locally after this level. Classes are also available locally in Coney Hall for all students during the week. It is highly encouraged that students train more than once per week. Please contact instructor for more details.

Pick ups

Please let the instructor know if a child is being picked up by anyone other than a parent or if going onto school wrap around care after the session.

Behaviour

Students are expected to behave in an appropriate manner with respect for teachers and fellow students; failure to do so can jeopardise the student's place in the club.

Safeguarding

Safeguard lead John Sideras – senseijohnsideras@gmail.com

Safeguard lead Rachel Sideras – rachelsideras@gmail.com

Kindest Regards,

Sensei John sideras

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Insta @kaigaishiikarate (Caterham, Coney Hall, Warlingham)

<http://facebook.com/kaigaishiikarateassociation>